

Week 43:	"R"
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R you Ready for some fun and games Today our letter is a Really Roarsome, Radical, Random, Rare, Reasonable, Refreshing, Reliable, Rowdy and not at all Rude letter Any guesses what it is?? (Use any words beginning with R that you know the Cubs will understand).

Games:

1. **Quiet:** Reminders

Games module: page 25

2. **Steam release:** Rats and Rabbits

Games module: page 67

3. **Wide Game:** Scavenger Hunt

Red Riding Hood went on a walk through the forest to visit her Granny. What do you think she found on her way?

Cubs run around and find things beginning with an R – if there is not enough to choose from nature, hide things yourself ... or use pictures. Another idea may be to hide small coloured 'rocks' (can be stones, coloured paper balls or similar) and hide those around a designated area for the Cubs to find.

4. **Active:** Rock and Roll Freeze Dance

Have all of the Cubs start dancing when you turn on some music. After a few moments, turn off the sound and say 'Freeze!' The Cubs still moving when the music stops are out and must leave the floor. They can dance on the sidelines but are not part of the game anymore. Start the music up again and repeat the process until only one rock star is left on the floor.

5. **Active:** Rowdy Races

Choose which 'Rowdy Races' you play with your Cubs.

Play these as team games and relay races, or turn them into a tournament with heats and a grand finale.

Rush of Air: Use a party blower to push a ping pong ball or toy car along the floor.

Really tight: Thread a paper cup onto a length of cotton or string two metres long. Have someone hold each end and keep it taut. Blow the cup from one end to the other.

Really wet: Arrange the team in a line with a bowl of water and a sponge at one end, another bowl at the other. On starter's orders, the person at the head of the line dunks the sponge in the water and passes it along the line. The end person rings the water out and passes the sponge back. Teams must do this as many times as possible in two minutes; the team with the most water at the end wins. Prepare to get soaked in the process.

Reel it in: Tie a long piece of string around an object or cut-out fish shape, and the other end round a pencil. Sit on the floor and reel in the object by twisting the pencil.

Run, run, run: A straight running race, but holding onto your own ankles.

Round stepping stones: Players must cross the room by laying down one piece of paper at a time to stand on. The easiest version is to give everyone an old magazine or newspaper and allow them to tear out and put down one page down at a time as they go along. Make it harder by giving them just two pieces of paper which they must transfer as they go, balancing on one while they move the other in front of them. The difficulty increases the smaller the pieces of paper are. Anyone who falls "off" must go back to the beginning, is disqualified, or must pay a forfeit.

Right way to do it: Walk to the other side of the room while balancing a book on your head.

Sense Training:

1. **Sound:** Rattling Tins

Games module: page 60

2. **Feel:** Really Rough

Have ready ten or so surfaces which are not smooth – eg. Bubble wrap, bark, sandpaper, etc. Cubs should be blindfolded and feel the different surfaces. When all the Cubs have had a turn, discuss what they felt and if they can guess what each surface was.

Yarn:

RAINBOW Colours

Based on a Native American Legend

You can either read this as a story, maybe giving each Cub a colour and a section to read, or you could incorporate the below activity.

Materials needed for each person involved with the ceremony:

- 1 Strip of leather about 7 inches long
- 1 pony bead of each colour: Red, Orange, Yellow, Green, Blue, Indigo, Violet
- Colour streamers can either be attached to walls or placed on the floor where the colours are to stand---for a nice touch.

Stand in a circle and hand out the thin strips of leather/cord/string. As different people read the different colours, give the same colour pony bead and to put on the string in order.

Story:

Once upon a time the colours of the world started a quarrel: all claimed that they were the best, the most important, the most useful, the favourite.

RED shouted out: "I am the ruler of all of you ---I am blood---life's blood! I am the colour of danger and of bravery. I am willing to fight for a cause. I bring fire into the blood. Without me, the earth would be as empty as the moon. I am the colour of passion and of love, the red rose, the poinsettia and the poppy."

ORANGE started next to blow her trumpet: "I am the colour of health and strength. I may be scarce, but I am precious for I serve the needs of human life. I carry the most important vitamins. Think of carrots, pumpkins, oranges, mangos, and papaws. I don't hang around all the time, but when I fill the sky at sunrise or sunset, my beauty is so striking that no one gives another thought to any of you."

YELLOW chuckled: "You are all so serious. I bring laughter, gaiety, and warmth into the world. The sun is yellow, the moon is yellow, the stars are yellow. Every time you look at a sunflower, the whole world starts to smile. Without me there would be no fun."

GREEN said: "Clearly, I am the most important. I am the sign of life and hope. I was chosen for grass, trees, leaves---without me, all animals would die. Look over the countryside and you will see that I am in the majority."

BLUE interrupted: "You only think about the earth, but consider the sky and the sea. It is the water that is the basis of life and drawn up by the clouds from the deep sea. The sky gives space and peace and serenity. Without my peace, all of you would be nothing."

INDIGO spoke, much more quietly than all the others, but with just as much determination: "Think of me. I am the colour of silence. You hardly notice me, but without me, all of you become superficial. I represent thought and reflection, twilight and deep water. You need me for balance and contrast, for prayer and inner peace."

VIOLET rose to her full height. She was very tall and spoke with great pomp: "I am the colour of loyalty and power. Kings, chiefs, and bishops have always chosen me for I am the sign of authority and wisdom. People do not question me---they listen and obey."

And so the colours went on boasting, each convinced of his or her own superiority. Their quarrelling became louder and louder. Suddenly, there was a startling flash of bright lightning...thunder rolled and boomed. Rain started to pour down relentlessly. The colours crouched down in fear, drawing closer to one another for comfort.

In the midst of the clamour, rain began to speak: "You foolish colours, fighting amongst yourselves, each trying to dominate the rest. Don't you know that you were each made for a special purpose, unique and different? Join hands with one another and come to me."

Doing as they were told, the colours united and joined hands. The rain continued: "From now on, when it rains, each of you will stretch across the sky in a great bow of colour as a reminder that you can all live in peace. The rainbow is a sign of friendship and hope for tomorrow."

And so, whenever the rain washes the world, look up... and as the rainbow appears in the sky, let us all remember our friendships new and old... and that tomorrow is always a new day."

Craft/Activity:

1. Activity: Rubber Band Car

Instructions may be found on this site: <http://craftsbyamanda.com/make-rubber-band-car/>. Adapt to suit what material you have available.

2. **Activity: Recycle – making compost**

One of the requirements for advancement is for the Cubs to make and use compost. As I am sure everyone has realised this is a time consuming and often forgotten about activity. We need to try and make this as interesting and fun as possible. Here are a couple of ideas. The compost idea is encouraging the Cubs to make the compost on a very small scale. You may want the Cubs to leave their compost makers at the hall to avoid them being thrown away! Make sure you have a sample to show the Cubs before starting this activity so that the Cubs can see the end result.



<http://www.cbc.ca/parents/play/view/sandwich-bag-compost-experiment> (Scroll down this site as the instructions way down)

You can also do the composting experiment as a group instead of individually. The requirement is for the Cubs to make and use the compost – so long as they take part in the activity, it can be done as a Pack project opposed to a standalone activity.

Recycle - making compost with worms

<http://www.kuraoka.org/mini-worm-composting-bins.html>

As an alternate activity for the Cubs, why not try composting with worms? At the end of the activity, ask the Cubs to bring the worms back and keep a bin going and encourage the Cubs to bring in scraps every week. **Do your homework before starting the activity** as there is a lot that should be used for compost and other things that should not be used ...

2. **Handcraft:** Remember – don't forget!

Handcraft module: page 25 (Memory Minder)

Handcraft: Rope Table Mat

Handcraft module: page 73 (this is a long term project)

Singing/Play Acting:

1. **Singing:** Ravioli

Singing module: page 43 – try and stick to words beginning with 'R'

2. **Playacting:** Rock Star

Cubs can use anything as a guitar – let them use their imaginations. Once all the Cubs have a 'guitar' they are then official rock stars and they need to behave like one! Walk around and give bones for those in character. Maybe play together with the Rock and Roll freeze dance game above?

Advancement covered:

Silver Wolf:

Healthy mind: Take part in a memory game with your Pack

Gold Wolf:

Growing things: Make and use compost from unwanted vegetation.